

## Updated guidance for people who are clinically extremely vulnerable to Covid-19

- The government has updated [the guidance for those who are clinically extremely vulnerable](#) to Covid to align with the tiered system that will be in place from 3 December. Restrictive 'shielding' measures will not be automatically in place at any tier.
- As before, shielding advice may be introduced in a specific area if deemed necessary by the CMO. If introduced, affected patients would (just as before) receive a letter from the government informing them of the introduction of shielding in their area and the support available to them.
- We do not expect any part of England to be under shielding guidance from 2 December. In each of the three tiers, individuals will be advised to continue to attend educational settings and COVID-secure workplaces (if they can't work from home).

How will the government guidance be communicated with patients?

- The Government is writing to each of the c.2.3m people on the Shielded Patient List (SPL) to explain the new advice and have developed a 2-page infographic to be included in the letter which provides a summary of the advice to those at highest risk at each tier. We expect this letter will be available [here](#).
- The letter is expected to begin landing with people from Monday 30 November and will continue to land over the course of the week. We're aware of reported delays to Royal Mail delivery times in some areas of England and will continue to monitor the situation closely.
- The letter will also provide details on the specific guidance in place for the whole population over the festive period. Like everyone else, clinically extremely vulnerable people

will be able to be part of a Christmas bubble, but should be aware of their increased risk, and as such are advised to be particularly careful.

- It will also outline where people at highest risk can access additional support and will continue to encourage people to access all the health and care support they need whatever tier their local area is in, with a strong message that the NHS remains open.

Vitamin D supplements for people who are clinically extremely vulnerable ( n.b caution for people with a renal condition who are already on Vitamin D analogues and phosphate binders)

- The Department of Health and Social Care (DHSC) announced that a free 4-month supply of daily [vitamin D supplements](#) will be offered to those that are Clinically Extremely Vulnerable and care home residents to support general health, in particular bone and muscle health.
- All care homes will automatically receive a provision for their residents, while individuals on the [clinically extremely vulnerable](#) (CEV) list will receive a letter inviting them to opt in for a supply to be delivered directly to their homes from January 2021.
- DHSC has published [guidance](#) on how to take these supplements safely, which all CEV patients should read before deciding whether to opt in. This includes advice that people who already take a prescription or a supplement containing vitamin D should not opt in to receive the supplement. It also advises that people with certain medical conditions or treatments should not opt in and should speak to their GP or healthcare professional at their next appointment.
- The announcement also highlighted [current UK government advice](#) for everyone to take a daily 10 microgram vitamin D supplement over Autumn and Winter encouraging everyone to purchase products from retailers. This is especially important this year and as a trusted

voice, we would be grateful for your support to raise awareness of this public health message.